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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
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## In This Issue

- 1 - Conference Set: On Aging and Blindness
- 2 - Protein Chart: 20 grams (revised)
- 3 - Update: Cost of Meats and Meat Alternates
- 4 - Farm Production: Ups & Downs  
New Publication

Frozen steaks and chops require up to one and a half times as long to broil as unfrozen meat. On frozen meats they should be placed at least 4 inches from the source of heat to prevent overbrowning, according to U.S. Department of Agriculture home economists.

\* \* \*

Country-style cured pork with a high salt content can be kept safely in a cool, dry dark place....or it can be refrigerated.

\* \* \*

Complete thawing of meat-combination dishes at room temperature may permit growth of dangerous bacteria. It is not recommended for commercially or home-prepared food of this type.

\* \* \*

Why cook "fully cooked" hams? Heating seems to enhance the flavor.

\* \* \*

If you plan to glaze a ham.....remove the rind, if any. Glaze it during the last half hour of cooking.

## CONFERENCE PLANNED

### ...ON AGING AND BLINDNESS

The second annual National Conference on Aging and Blindness has been scheduled for March 27-30, 1978, according to Ella Mae Berdahl, U.S. Department of Agriculture's Extension Service Program Leader for the Handicapped.

The program to be held in Atlanta, Ga., will focus on matching services to the needs of the aging blind and in disseminating information on methods of service throughout the states.

A conference on clothing design for the handicapped is planned for January 1979 by the University of Alabama's division of Continuing Education. This will be a follow-up program on the Clothing for People with Special Needs conference which was held in Auburn, Ala.

The annual round-up story on state services for the Handicapped will be featured later in November in Food and Home Notes.

Table 2.--Cost of 20 grams of protein from specified meats and meat alternates at September 1977 prices.

Food	Market unit	Price per market unit <u>1/</u>	Part of market unit to give 20 grams of protein <u>2/</u>	Cost of 20 grams of protein
Dry beans.....	lb	\$0.42	.24	\$0.10
Peanut butter.....	12 oz	.75	.23	.17
Beef liver.....	lb	.73	.24	.18
Bread, white enriched.....	lb	.36	.51	.18 <u>3/</u>
Hamburger.....	lb	.84	.24	.20
Eggs, large.....	doz	.82	.25	.21
Chicken, whole, ready-to-cook.	lb	.62	.37	.23
Milk, whole fluid.....	half gal	.84	.29	.25 <u>4/</u>
Turkey, ready-to-cook.....	lb	.74	.35	.26
Pork, picnic.....	lb	.87	.32	.28
Chicken breasts.....	lb	1.14	.25	.29
Bean soup, canned.....	11.25 oz	.31	.98	.30
Chuck roast of beef, bone in..	lb	.90	.35	.31
American process cheese.....	8 oz	.87	.38	.33
Tuna, canned.....	6.5 oz	.75	.44	.33
Ham, whole.....	lb	1.28	.29	.37
Round beefsteak.....	lb	1.75	.22	.38
Frankfurters.....	lb	1.17	.36	.42
Rump roast of beef, boned.....	lb	1.70	.26	.43
Liverwurst.....	8 oz	.78	.60	.47
Pork loin roast.....	lb	1.41	.33	.47
Salami.....	8 oz	.96	.50	.49
Ham, canned.....	lb	2.10	.24	.51
Sardines, canned.....	4 oz	.58	.94	.54
Sirloin beefsteak.....	lb	2.01	.28	.57
Bologna.....	8 oz	.82	.73	.60
Rib roast of beef.....	lb	1.83	.33	.60
Ocean perch, fillet, frozen...	lb	1.71	.36	.62
Pork chops, center cut.....	lb	1.89	.35	.65
Haddock, fillet, frozen.....	lb	1.92	.35	.67
Veal cutlets.....	lb	3.18	.21	.68
Pork sausage.....	lb	1.47	.52	.76
Porterhouse beefsteak.....	lb	2.52	.34	.85
Bacon, sliced.....	lb	1.70	.52	.89
Lamb chops, loin.....	lb	3.09	.31	.95

1/ Average retail prices in U.S. cities, Bureau of Labor Statistics, U.S. Department of Labor.

2/ One-third of the daily amount recommended for a 20-year-old man. Assumes that all meat, including cooked fat, is eaten.

3/ Bread and other grain products, such as pasta and rice, are frequently used with a small amount of meat, poultry, fish, or cheese as main dishes in economy meals. In this way the high quality protein in meat and cheese enhances the lower quality of protein in cereal products.

4/ Although milk is not used to replace meat in meals, it is an economical source of good quality protein.

Source: ARS, USDA

## THE COST OF MEATS AND MEAT ALTERNATES

The meat, poultry, and fish items in meals usually cost the most. However, the range in costs of different types and cuts of meats is great, so careful selection may result in worthwhile savings.

Estimated costs of 3-ounce servings of cooked lean from selected types and cuts of meat and of poultry and fish are shown in table 1. The economy-minded shopper can replace some of the meats ordinarily used with alternates such as eggs, dry beans and peas, and peanut butter. These foods provide protein and other nutrients for which meat, poultry, and fish are valued. Cheese can also be used.

One way to find good buys among meats and meat alternates is to compare the costs of amounts of them that provide equal protein. Table 2 shows the cost of amounts of some meats and alternates required to give 20 grams of protein--one-third of the recommended allowance for a day for a 20-year-old man.

A 3-ounce serving of cooked lean meat from beef, pork, lamb, veal, chicken, turkey, or fish provides about 20 grams of protein or more. However, well over a serving of some meats and alternates is required: 10 slices of bacon, 3-1/2 frankfurters, 3 eggs, or 4-1/2 tablespoons of peanut butter, for example.

The U.S. average price and the part of a pound or other market unit required to provide a 3-ounce serving of cooked lean meat (table 1) or 20 grams of protein (table 2) are shown for each meat and meat alternate for which costs were compared. To figure a comparable cost using a different price, multiply the price by the part of a pound or market unit shown.

Table 1.--Cost of 3 ounces of cooked lean from specified meat, poultry, and fish at September 1977 prices.

Food	Retail price per pound <sup>1/</sup>	Part of pound for 3 ounces of cooked lean	Cost of 3 ounces of cooked lean
Beef liver.....	\$ .73	.27	\$0.20
Hamburger.....	.84	.26	.22
Chicken, whole, ready-to-cook...	.62	.48	.30
Turkey, ready-to-cook.....	.74	.40	.30
Chicken breasts.....	1.14	.35	.40
Pork, picnic.....	.87	.46	.40
Chuck roast of beef, bone in....	.90	.45	.40
Ham, whole.....	1.28	.35	.45
Ocean perch, fillet, frozen....	1.71	.29	.50
Ham, canned.....	2.10	.25	.52
Haddock, fillet, frozen.....	1.92	.29	.56
Rump roast of beef, boned.....	1.70	.34	.58
Round beefsteak.....	1.75	.34	.60
Pork loin roast.....	1.41	.50	.70
Veal cutlets.....	3.18	.25	.80
Rib roast of beef.....	1.83	.45	.83
Pork chops, center cut.....	1.89	.45	.85
Sirloin beefsteak.....	2.01	.43	.86
Porterhouse beefsteak.....	2.52	.52	1.31
Lamb chops, loin.....	3.09	.46	1.42

<sup>1/</sup> Average retail prices in U.S. cities, Bureau of Labor Statistics, U.S. Department of Labor.



## ON THE FARM PRODUCTION -----

WHAT'S UP  
AND...WHAT'S  
DOWN

Record corn crops....6.3 million bushels.....(up 1 percent from 1976)

Soybeans.....up 30 percent from last year

All Wheat production....the third largest ever

All cotton.....26 percent above 1976

Fall Potato Output.....down 1 percent from record 1976 crop

Milk production.....Up.....3 percent above a year earlier

Red meat, poultry prospects Good. Large supplies of red meat and poultry--  
(Per capita consumption of both red meat and broilers were at record  
level through the first six months of the year.)

Broiler consumption.....up more than 20 lbs.

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PEOPLE ON THE FARM

Nearly half (47 percent) of all the corn grown in the world is grown in America. We ship about a fourth of our production overseas, according to "People on the Farm: Corn and Hog Farming," a new U.S. Department of Agriculture publication.

More than 70 percent of the corn that is exported in the world is grown in this country and it's the third successive year in which the U.S. exported more corn than wheat. China leads the world in hog production; the United States is second. Did you know all that? Prepared especially for students, this informative booklet is available free----single copies only----from the Office of Communication, U.S.D.A., Washington, D.C. 20250.

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